

SWIMMERS' RESPONSIBILITIES

Any swimmer who disrupts a practice or a meet, damages the property of others, or threatens, intimidates, or injures others will be ejected. A second incident, of any sort, will be cause for dismissal from the team. Courtesy, citizenship, and sportsmanship are as fundamental to the YMCA competitive swimming program as stroke technique and speed. These qualities derive naturally from the YMCA core values: Caring, Honesty, Respect, and Responsibility.

Each swimmer and a parent or guardian need to read this section and discuss it together. When both the swimmer and the parent/guardian are satisfied that they fully understand what is expected and required of an MACR Sharks team member, then both will sign and date a Consent form and return it to the "FORMS" folder which will be in the WHITE folder crate that will (should ☺) be at all of the practices. The consent form can be found on the swim team web site or one can be put into your family folder if you desire. No swimmer will be allowed to compete in any of our swimming meets until their signed consent form has been handed in.

AS AN MACR SHARKS TEAM MEMBER, I WILL:

1. Arrive on time (that means ready to swim) to all practices. This is very important as our time is limited and there is much to cover each and every night.
2. Check in properly at the YMCA and show my membership card to the Member Service staff at the front desk.
3. Listen to and respect all YMCA staff. (i.e. coaches, life guards, building supervisors, and service staff)
4. Observe all YMCA swimming pool and whirlpool rules. Before, during, and after practices the whirlpools are off limits to all swim team members. Please stay away from the whirlpools.
5. Observe all YMCA rules, regardless of what YMCA we may be swimming at. Swimmers are to be courteous and respectful at all meets, home or away.
6. Use locker rooms only for dressing, showering, and restroom facilities provided. Respect others who may be using the locker rooms at the same time. Damage to locker rooms or other facilities at any YMCA site will be assessed to the responsible swimmer's family. Offending swimmers will be ejected, and may be dismissed from the team and/or expelled from use of the YMCA.
7. Turn in the completed Consent Form as outlined above before competing in any of our scheduled swimming meets. Swim team coaches are not babysitters, nor are other YMCA personnel. Each swimmer at any practice or swimming meet, home or away, should be under the supervision of an adult. Parents or guardians unable to attend with their swimmer(s) need to make arrangements for the child's supervision.

8. Turn in meet entry sheets to the designated collection site on time. There will be adequate time to fill out all entry sheets before each of our scheduled meets. There will be no blanket or “default” entries to any of our meets. All swimmers must enter each meet they desire to swim in by filling out the proper entry form for that swimming meet. Entry forms will be available on our team web site for printing out or, if desired, an entry packet can be put into your family folder. We try to send out e-mail reminders concerning entry forms and when they are due, but the responsibility of entering meets on time rest with each swimmer. Late or phone in entries will NOT be accepted.
9. On swim meet days:
 - a) **AT HOME:** Arrive and check in at the YMCA, unless instructed otherwise, at least 15 minutes before our scheduled warm-up time.
 - b) **AT AWAY FACILITIES:** Arrive at venue at least 10 minutes before our scheduled warm-up time.
 - c) Check in with coaches when you arrive
 - d) Wear shoes, sandals, socks at all times when walking around any YMCA facility you may be at.
 - e) Go to our designated swimmer holding area and remain there except for: Warm-ups, Event calls (to report to Clerk of Course), Restroom visits, and/or Concession stand visits.
 - f) Stay off the pool deck unless there to swim in your event.
 - g) Stay out of locker rooms unless showering, changing, or using the restroom facilities.
 - h) Stay out of the spectator viewing area.
 - i) Watch for your events being called and report to Clerk of Course promptly. Swimmers are expected to be courteous, respectful, and well behaved while in Clerk of Course. Clerk of Course personnel have the authority to scratch swimmers from an event if they are misbehaving.
 - j) Tell the head coach if you have to leave a meet before the you complete all of the events you have entered. This is especially important if you are entered in a relay and cannot swim in that relay. Relay swimmers who “stand up” their teammates may be dropped from consideration for relay competition at the sectional, state, or regional levels.
 - k) Clean up the holding areas before leaving the swimming meet. Wipe up spills and throw away trash in proper waste containers. This means **EVERYONE**. Remember any food and drink other than water is to stay in the concession area or the lobby area. PLEASE do not bring food and drink, other than water, into any other area of the building. That is any building we are swimming at, not just our home facilities.
 - l) Make sure to take all personal belongings with you when you leave any practice or swim meet you are at. YMCAs usually maintain

“Lost and Found” areas, but please do not depend on your missing items being there.

OK, OK – I think I have bored you all enough. Please follow these rules and remember, when we are at other YMCA facilities we will be representing ourselves, our families, and our own YMCA. Lets have fun, but lets also respect others and others’ property. OK, now lets go swimming and have some fun!!!